

A2 and which includes at least 50% by weight, of the protein source including whey protein, a lipid source having an omega 3 to 6 fatty acid ratio of approximately 5:1 to about 10:1 and which provides at least 18% of the total calories of the composition, a carbohydrate source, and a micronutrient profile comprising at least vitamin E and vitamin C.

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A3 26. (Amended) A method for accelerating muscle mass recovery comprising the steps of administering a therapeutically effective amount of a composition to an individual comprising: a protein source which provides at least 8% of the total calories of the composition and which includes at least 50% by weight, of the protein source including whey protein, a lipid source having an omega 3 to 6 fatty acid ratio of approximately 5:1 to about 10:1 and which provides at least about 18% of the total calories of the composition, a carbohydrate source; and a micronutrient profile comprising at least vitamin E and vitamin C.

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